

Chairobics!

Re-energise your body and mind with these simple chair based exercises

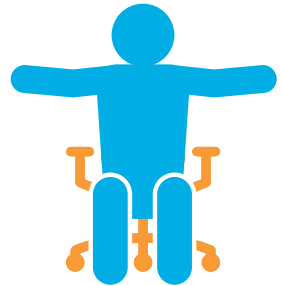
Seated rotations



Fist pumps



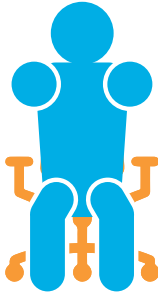
Bear hugs



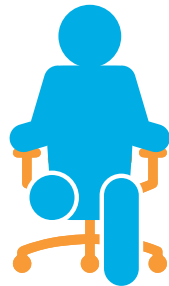
Hamstring stretch



Squats



Leg kicks



Why not try our 6 minute chairobics video?
activewellbeing.me.uk

Civil Service

Active Wellbeing Week



Lunchtime Walk

Combine exercise with getting to know your colleagues. A lunchtime walk is free and easy to organise and a great way to help de-stress during work hours.



Visit activewellbeing.me.uk